

What Do Adult Day Centers Offer?

- Transportation
- Safe environment
- Professional services by nurses, social workers, therapists, and others
- Healthy meals and snacks
- Monitoring and administration of medicines
- Personal care
- Caregiver support
- Physical activity
- Celebrations and entertainment
- Field trips



“Every day, Dad talks about the center and how wonderful it is. His eyes light up when we ask him about his day.”

Who Benefits From Going To Adult Day Centers?

People who may:

- Want to stay in their homes but need daytime assistance
- Have physical or cognitive conditions that require monitoring
- Need socialization and stimulation



“You are not a stranger here. Everyone understands you.”

How Do People Pay For Adult Day Centers?

- Private pay
- Long-term care insurance
- Center-based scholarships and/or sliding scale
- State and local government assistance
- Medicaid
- Tax write-offs



“I’m never bored here. There is always something interesting going on.”

Adult Day Centers . . .

... Enrich Participants’ Lives

- Safe, accepting environment
- Something to look forward to
- A sense of belonging
- Feeling part of a community
- Help in maintaining mental and physical abilities

... Support Caregivers

- Sense of relief
- Worry-free work day
- Affordability
- Time for yourself
- Help finding resources
- Emotional support

Licensed Medical Adult Day Centers in Montgomery County

**Albert and Helen Misler
Adult Day Center**
Rockville
301-468-1740

Easter Seals Adult Day Center
Silver Spring
301-588-8704

Eldersburg Eldercare of Damascus
301-253-2764

Fellowship Adult Day Center
Germantown
301-916-4141
English and Korean spoken.

**Holy Cross Hospital Medical
Adult Day Center**
Silver Spring
301-754-7150

Loving Heart Medical Day Care Center
Gaithersburg
301-990-1253
English and Korean spoken.

Nu-Horizon Adult Day Care Center
Cloverly
301-622-0400
English, Spanish and Farsi spoken.

Rainbow ADDC of Rockville
301-770-7676
English, Russian and Romanian spoken.

Rainbow of Helgerman Court
Gaithersburg
240-683-9010
*English, Russian, Spanish
and Chinese spoken.*

Randolph Hills Adult Day Care
Silver Spring
301-933-2500
English and Spanish spoken.

The Support Center, Inc.
Rockville
301-738-2250
English and Spanish spoken.

**The Washington-McGlaughlin
ADCC**
Takoma Park
301-270-6940

Winter Growth, Inc.
Olney
301-774-7501

*Adult Day Centers are non-sectarian.
Centers have wide service areas.
Hours of operation vary.*



Discover . . .

ADULT DAY CENTERS



*"It is such a relief to
have a place where Mom
is welcomed with
loving arms."*



Montgomery County
Department of Health and Human Services
Aging and Disability Services
240-777-3000 Voice 240-777-4575 TTY
hhsmail@montgomerycountymd.gov

Other formats available upon request.

Safe . . . Social . . . Supportive . . . Structured